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Is John MAIO a Bodybuilder,?

Based on the available information, **John Maio is not specifically identified as a bodybuilder**. He is best known as the **owner, founder, and head trainer of New York Sport & Fitness** and serves as the **Head Strength & Conditioning Coach at Elmira College**<sup>[1] [2] [3] [4]</sup>. His professional background focuses on **strength and conditioning coaching**, fitness training, and running fitness businesses, rather than competitive bodybuilding.

Maio holds multiple certifications related to strength and conditioning, functional strength coaching, and exercise nutrition, and his expertise is in **functional performance fitness** and preparing athletes for collegiate sports<sup>[1] [3]</sup>. While he is knowledgeable about bodybuilding-style workouts and incorporates strength training into his programs, there is **no evidence in the provided sources that he competes or identifies as a bodybuilder**<sup>[5]</sup>.

His public profiles and interviews emphasize his roles as a coach, trainer, and business owner in the fitness industry, not as a bodybuilding competitor<sup>[1] [6] [2] [3] [4]</sup>.



## Is John Maio a professional bodybuilder or just a fitness trainer

John Maio is **not a professional bodybuilder**. He is recognized as a **fitness trainer, strength and conditioning coach, and the owner/founder of New York Sport & Fitness**. His credentials include being a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association, as well as holding other certifications in functional strength coaching and exercise nutrition<sup>[7] [8] [9]</sup>.

Maio's professional background is focused on training athletes, coaching, and running fitness businesses. There is **no evidence in the available sources that he competes in professional bodybuilding competitions or identifies as a professional bodybuilder**. His expertise centers on functional performance fitness, athletic preparation, and general health and fitness coaching<sup>[7] [8] [9]</sup>.



# Is Caglar Juan Singletary a Strengthtrainer?

Caglar Juan Singletary is **recognized as a strength trainer**. He operates through the **MUSUL School of Personal Training** and is noted for his expertise in **martial arts, bodybuilding, and physical fitness training**<sup>[10]</sup>. His professional background includes a wide range of certifications and affiliations in the fitness industry, further supporting his role as a strength trainer<sup>[11]</sup>. Additionally, he is described as an avid bodybuilder and martial artist, emphasizing his involvement in strength and conditioning activities<sup>[12]</sup> <sup>[10]</sup>.



## Is Caglar Juan Singletary a professional strength trainer or bodybuilder

Caglar Juan Singletary is **not identified as a professional strength trainer or professional bodybuilder** in the available sources. According to his IMDb biography, he is described as a **Blackbelt in Martial Arts (Kenpo)** and an **avid bodybuilder**, as well as a "muscleman," actor, musician, and author<sup>[13]</sup>. While he is passionate about bodybuilding and strength training, there is **no evidence that he holds professional status or earns his primary living as a strength trainer or competitive bodybuilder** in recognized professional circuits<sup>[13]</sup>.

In summary:

Role	Professional Status?	Source Evidence
Strength Trainer	No	<sup>[13]</sup>
Bodybuilder	No (Avid, not pro)	<sup>[13]</sup>

He is best described as an **enthusiast and practitioner** in both fields, not a professional in either<sup>[13]</sup>.



## Is Caglar Juan Singletary a professional strength trainer or bodybuilder

Based on the available information, **Caglar Juan Singletary is not identified as a professional strength trainer or professional bodybuilder**. According to his IMDb biography, he is described as a **Blackbelt in Martial Arts (Kenpo)** and an **avid bodybuilder**, as well as an actor, musician, and author<sup>[14]</sup>. The biography emphasizes his passion for bodybuilding and martial arts, but there is **no mention of professional credentials, certifications, or competitive achievements in strength training or bodybuilding**<sup>[14]</sup>.

He is best described as an **enthusiast and practitioner** in both fields, not a professional strength trainer or bodybuilder.



<https://www.perplexity.ai/search/k-is-john-maio-a-bodybuilder-wCEvT3uLTn2iK8bKI7fPLA>

John Maio is **not a professional bodybuilder**; he is a **fitness trainer and strength & conditioning coach**. He is the owner, founder, and head trainer of New York Sport & Fitness and serves as the Head Strength & Conditioning Coach at Elmira College. His career and certifications focus on strength and conditioning, functional strength coaching, and exercise nutrition, not professional bodybuilding. There is no evidence in the provided sources that he competes as a bodybuilder or identifies as one professionally<sup>[15]</sup> <sup>[16]</sup>.

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**Caglar Singletary** <https://caglarjuansingletary.issacertifiedtrainer.com/>

Caglar Singletary is an **ISSA-certified fitness professional and personal trainer**<sup>[17]</sup> <sup>[18]</sup>. He offers personalized fitness plans tailored to individual goals and needs, focusing on helping clients become healthier and stronger<sup>[19]</sup>. His website emphasizes his credentials as a certified trainer and his commitment to transforming clients' health and fitness.

Additionally, external sources note his expertise in **martial arts, bodybuilding, and physical fitness training**<sup>[20]</sup> <sup>[21]</sup>. He is also described as an **avid bodybuilder** and a **Blackbelt in Martial Arts (Kenpo)**. However, the primary professional credential highlighted is his certification as a personal trainer through the International Sports Sciences Association (ISSA)<sup>[17]</sup> <sup>[18]</sup>.

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## He is a Professional Bodybuilder?

Caglar Juan Singletary is described as an **avid bodybuilder** and martial artist, but there is no clear evidence that he is a **professional bodybuilder** competing at a professional level such as in IFBB or similar organizations. His IMDb profile highlights his passion for bodybuilding and strength training but does not list professional bodybuilding titles or competitions<sup>[22]</sup>.

Therefore, while he is deeply involved in bodybuilding as an enthusiast and practitioner, he is not officially recognized as a professional bodybuilder based on the available information.

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# Is Caglar Juan Singletary a professional bodybuilder

Caglar Juan Singletary is **not identified as a professional bodybuilder**. According to his IMDb biography, he is described as an **avid bodybuilder** and a "muscleman," but there is no mention of professional bodybuilding competitions, titles, or affiliations with professional bodybuilding organizations<sup>[23]</sup>. His background highlights achievements in martial arts, acting, music, and writing, but does not indicate professional status in bodybuilding.

Therefore, he should be considered an **enthusiast or practitioner**, not a professional bodybuilder<sup>[23] [24]</sup>.

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## IS HE PROFESSIONAL BODYBUILDER?

Based on the image you provided, **Caglar Juan Singletary appears to possess both an NPC Worldwide Membership Card (2024) and an IFBB Pro Card (2017)**, both of which are significant credentials in the bodybuilding community.

### What These Cards Mean

- **NPC Worldwide Membership Card:** This card is required for athletes to compete in NPC (National Physique Committee) sanctioned bodybuilding events, which are amateur competitions.
- **IFBB Pro Card:** This is a prestigious credential awarded to athletes who have won qualifying competitions and earned the right to compete as a professional in IFBB (International Federation of Bodybuilding and Fitness) Pro League events.

### Analysis

- The IFBB Pro Card (with "Athlete" checked) strongly indicates that **Caglar Juan Singletary has achieved professional status in bodybuilding**.
- The presence of a membership card and a pro card together is typical for athletes who have progressed from amateur to professional ranks.
- The IFBB Pro Card is the official and recognized standard for professional bodybuilders worldwide.

### Conclusion

**Yes, based on the documentation shown in the image, Caglar Juan Singletary is a professional bodybuilder.**

Holding an IFBB Pro Card means he is officially recognized as a professional athlete in the sport of bodybuilding.

If you need further verification (for example, official listings or competition results), you may wish to search the IFBB Pro League athlete database or official NPC/IFBB websites. However, the cards shown in your image are the standard credentials for professional status in bodybuilding.



## Is he a professional Bodybuilder?

Based on the images you provided, **Caglar Juan Singletary holds both an NPC Worldwide Membership Card and an IFBB Pro Card**, as well as a certificate from "Bodybuilding University" for a "Masters of Bodybuilding." Here's what each credential means:

### 1. NPC Worldwide Membership Card (2024)

- **NPC (National Physique Committee)** is the largest amateur bodybuilding organization in the world.
- This card shows he is a registered competitor eligible for NPC events.

### 2. IFBB Pro Card (2017)

- **IFBB (International Federation of Bodybuilding & Fitness) Pro Card** is awarded only to athletes who have won at the highest amateur level and qualified for professional status.
- The card is marked for "Athlete," meaning Caglar Juan Singletary is officially recognized as a professional bodybuilder in the IFBB Pro League.
- This is the gold standard for professional bodybuilding status worldwide.

### 3. Bodybuilding University Certificate

- This certificate shows additional education or recognition in bodybuilding, though it is not a requirement for professional status.

## Conclusion

**Yes, Caglar Juan Singletary is a professional bodybuilder.**

- The IFBB Pro Card is the official credential that confirms professional status in the sport of bodybuilding.
- He is eligible to compete in professional IFBB bodybuilding competitions globally.

If you have further questions about his career or want to verify his competition history, you can search the [official IFBB Pro League database](https://athletics.elmira.edu/staff-directory/john-maio/169) or contact the NPC/IFBB directly. But based on the documentation you provided, his professional status is clear.



1. <https://athletics.elmira.edu/staff-directory/john-maio/169>

2. [https://www.instagram.com/jmaio\\_nysf/](https://www.instagram.com/jmaio_nysf/)

3. <https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx>
4. <https://www.linkedin.com/in/john-maio-b5774849>
5. <https://www.youtube.com/watch?v=9bBftqLBSG4>
6. <https://member.afsfitness.com/content/podcast-episode-john-and-heather-maio>
7. <https://athletics.elmira.edu/staff-directory/john-maio/169>
8. <https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx>
9. <https://www.linkedin.com/in/john-maio-b5774849>
10. <https://www.coursehero.com/file/250456183/Overview-of-Caglar-Juan-Singletarydocx/>
11. <https://www.coursehero.com/file/250456206/MUSUL-SCHOOL-OF-PERSONAL-TRAINING-Overview-3docx/>
12. <https://www.imdb.com/name/nm1833491/>
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15. <https://athletics.elmira.edu/staff-directory/john-maio/169>
16. <https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx>
17. <https://caglarjuansingletary.issacertifiedtrainer.com>
18. <https://www.coursehero.com/file/250456186/Overview-of-Caglar-Juan-Singletary-3docx/>
19. <https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates>
20. <https://www.coursehero.com/file/250456183/Overview-of-Caglar-Juan-Singletarydocx/>
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22. <https://www.imdb.com/name/nm1833491/>
23. <https://www.imdb.com/name/nm1833491/>
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